

Folsom Lake

State Recreation Area



Our Mission

The mission of the California Department of Parks and Recreation is to provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high-quality outdoor recreation.



California State Parks supports equal access. Prior to arrival, visitors with disabilities who need assistance should contact the park at (916) 988-0205. This publication is available in alternate formats by contacting:

CALIFORNIA STATE PARKS

P. O. Box 942896

Sacramento, CA 94296-0001

For information call: (800) 777-0369

(916) 653-6995, outside the U.S.

711, TTY relay service

www.parks.ca.gov

Discover the many states of California.™

**Folsom Lake
State Recreation Area
7755 Folsom-Auburn Road
Folsom, CA 95630
(916) 988-0205**

*Folsom Lake's
miles of shoreline and
waterside trails attract
millions of boaters,
equestrians, cyclists
and hikers each year.*



Folsom Lake State Recreation Area

offers scenic panoramas of open grasslands, rolling hills, the Sierra Nevada, Sacramento Valley and the Bay Area's Mount Diablo. Folsom Lake State Recreation



Panoramic views

Area covers 19,500 acres. Its two reservoirs, Folsom and Natoma, attract about two million visitors annually.

The climate dictates dressing in layers. For hot summers, dress lightly, wear a hat, and use sun block. In winter, fog brings a chill. Spring and fall offer warm days with cooler evenings and nights.

PARK HISTORY

Native People

For thousands of years, the land near Folsom Lake belonged to the Southern Maidu or Nisenan ("from among us"). The Nisenan lived in temporary summer shelters made from tree bark slabs. In winter they lived in permanent villages on the American River. These villages had community buildings, including a *kum* ceremonial and guest structure.

The Nisenan traded with other native groups, exchanging local acorns for black oak acorns, manzanita berries and sugar pine nuts. Coastal people traded with the Nisenan for oyster shells, shell beads and basket materials. The Nisenan are still

known worldwide for their woven baskets made from willow, redbud, tule, milkweed, sedge grass and grape vines.

After the 1848 gold discovery, most of the Nisenan lands were given away as part of a land grant. The native people were overwhelmed by the loss of their food sources and by diseases like smallpox. The Nisenan people were nearly decimated, but today their descendants live in nearby communities or reservations.

FOLSOM DAM

Folsom Lake was created in 1955 by the construction of Folsom Dam, a concrete dam flanked by earth wing dams and dikes, with a total length of about nine miles. The shoreline extends about 15 miles up the forks of the American River. Lake level normally varies from 460 feet in early spring to less than 400 feet by summer. Downstream, behind Nimbus Dam, smaller Lake Natoma has about 500 surface acres of water. Built by the Bureau of Reclamation as part of California's Central Valley Project, Nimbus and Folsom Dams control the waters of the American River and provide flood protection, household water supply, power and irrigation.

THE FOLSOM POWERHOUSE

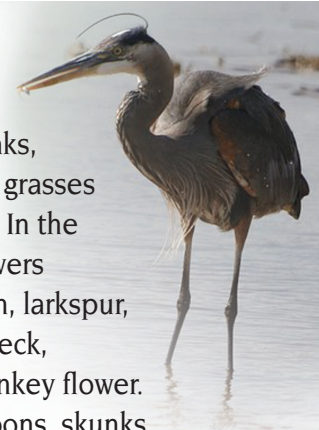
Nearby Folsom Powerhouse was built to harness the water power of the American River at the original Folsom Dam, completed by Folsom Prison laborers in 1880. The Powerhouse landmark, listed on the National Register of Historic Places, is a state historic park.

PLANTS AND WILDLIFE

Blue oaks, interior live oaks, foothill pines and annual grasses dot the open woodlands. In the spring, blooming wildflowers include Indian paintbrush, larkspur, lupine, brodiaea, fiddleneck, dutchman's pipe and monkey flower.

Black-tailed deer, raccoons, skunks, opossums, gray foxes and coyotes are often seen in the park. Mountain lions and bobcats may occasionally be seen. Beavers and river otters live in the Mormon Island Wetlands, a perfect area for bird watching.

Nesting egrets, herons and cormorants may be observed from the Willow Creek access. Year-round residents include Canada geese, blackbirds, scrub jays, quail, wrens, bushtits and towhees. Wrentits and California thrashers sing in the chamise-chaparral. Look for kingfishers and grebes near the water. Red-tailed hawks, kestrels, ospreys and eagles might be seen soaring over the lake.



Folsom Lake and Dam

RECREATION

Fishing—Folsom Lake waters hold trout, catfish, largemouth and smallmouth bass, perch and kokanee salmon. A valid California fishing license is required. An accessible pier and fishing platform are available along Lake Natoma.

Boating—Launching facilities are located at several places around the lake (see map for details). The marina at Brown's Ravine also features boat slips, a towing service, gas dock and snack bar.

CAUTION: Boaters should be alert for floating debris. Watch carefully for underwater hazards, especially as the lake level lowers in summer.

Camping

Peninsula Campground—A hundred family campsites—some accessible—accommodate trailers up to 18 feet and motor homes up to 24 feet. A sanitation station is provided. No site hookups are available. Accessible flush toilets, hot showers and piped drinking water are available. Two launch ramps and a day-use area are near this secluded campground near the end of the Peninsula between the north and south forks of the American River. Reach the area by boat or drive ten miles

Photo courtesy of Sacramento State Aquatic Center



Windsurfing on Folsom Lake

south from the town of Pilot Hill on Highway 49.

Beals Point

Campground—Just north of Folsom Dam, 49 family campsites accommodate trailers and motor homes up to 31 feet. Hookup sites and a sanitation station are available. Piped drinking water and wheelchair-accessible restrooms with hot showers are available.

Negro Bar Group

Campsites—On the north shore of Lake Natoma,



Horseback riding trails at Folsom Lake

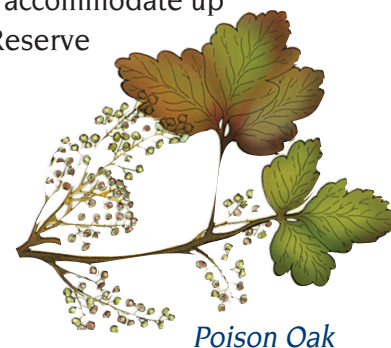
three group campsites are available. Two can accommodate up to 50 people each and one can accommodate up to 25 people.

Reservations—Reserve campsites at all campgrounds by contacting (800) 444-7275 or www.parks.ca.gov.

Boat Camping—You may camp overnight aboard your self-contained sailboat or powerboat only in designated mooring areas. You may obtain a map of the mooring areas when you register for boat camping at the Granite Bay entrance station or the marina at Brown's Ravine. If no one is available at the time of your visit, contact park headquarters. Your boat must have self-contained sanitary and gray-water systems with sleeping accommodations for all aboard. You may camp ashore only at the Peninsula Campground in a designated campsite. Beach the bow of your boat and anchor off the stern. A secure tie-up is essential, as the wind may rise during the night. Boat camping is limited to two consecutive nights.

Picnicking—Family picnic sites are located at Nimbus Flat and Negro Bar on Lake Natoma, and at Beals Point, Granite Bay, the Peninsula area, and Folsom Point on Folsom Lake. Beals Point, Nimbus Flat and Peninsula have accessible picnic tables, restrooms and parking. All sites have barbecue stoves; bring your own charcoal. The group picnic area at Granite Bay will accommodate up to 200 people. Reserve by calling park headquarters.

Horseback Riding—The equestrian staging area at Granite Bay



Poison Oak

has hitching rails, a water trough and chemical toilets. Horse trailers can unload and park. Staging areas are also located at Negro Bar, Rattlesnake Bar, Brown's Ravine, Falcon Crest and Sterling Pointe.

Trails—The park has 95 miles of trails for hikers, bicyclists, runners and horseback riders. The trail system includes a portion of the Western States/Pioneer Express Trail between Sacramento and Carson City, Nevada. Oaks Nature Trail is accessible. A paved, mostly accessible bicycle trail loops around Lake Natoma, linking to Beals Point and the American River Hike & Bike Trail.

Darrington Trail is a popular mountain bike trail on the south fork arm of Folsom Lake, near the Salmon Falls area.

Beach/Shore Access—Check out a beach wheelchair for two hours at Beals Point and Granite Bay day-use areas.

ACCESSIBLE FEATURES

Accessibility in California State Parks is continually improving. Call the park at (916) 988-0205 for more details, or check online at www.access.parks.ca.gov.



Lake Natoma accessible picnic area

EXHIBITS/PROGRAMS

The American River Water Education Center interprets water conservation and the American River Watershed. For general or tour information, call (916) 989-7275 or see www.usbr.gov/mp/arwec.



Canoeing at Lake Natoma

AQUATIC CENTER

The Sacramento State Aquatic Center offers boat rentals and boating safety classes. The facility is cooperatively operated by California State Parks, Associated Students of California State University Sacramento, and the California Department of Boating and Waterways. See www.sacstateaquaticcenter.com or call (916) 278-2842 for information.

PLEASE REMEMBER

- Grass, brush and trees become tinder-dry. Wildfires are a serious threat. Fires are allowed only in the camp stoves or fire rings provided.
- Poison oak is present in many parts of the park. Contact (even when dormant) can cause a serious rash.
- Occasional rattlesnakes, mountain lions or bobcats may be present in the park. Do not walk alone in isolated areas. Report sightings to park staff.
- Floating debris, an uneven lake bottom, and rock outcroppings are hazards for boaters and swimmers. Please swim only in designated areas. No diving is permitted.
- Archaeological, cultural and natural features are protected by law and may not be disturbed or removed.

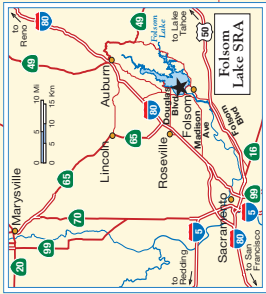
NEARBY STATE PARKS

- Folsom Powerhouse SHP, 1 Riley St., Folsom CA (916) 985-4843
- Auburn SRA, El Dorado Street at Old Foresthill Road, Auburn CA 95602 (530) 885-4527



Nimbus Dam

Folsom Lake
State Recreation Area



WESTERN STATES TRAIL / PIONEER EXPRESS TRAIL MILEAGE	
From Nimbus Overlook (Hazel Ave.) to:	
Nimbus Overlook	4.5
Nimbus Lake	5.0
Nimbus Dam	9.2
Nimbus Aquatic Center	10.7
Nimbus Flat	11.5
Shadow Glen Riding Stables	14.3
Grass Valley Staging Area	16.7
Beeks Blight	20.1
Horseshoe Bar Rest Area	20.8
Rattlesnake Bar Staging Area	23.5
Auburn Staging Area	34.4

SOUTHSIDE TRAIL MILEAGE	
From Folsom Point to:	
Brown's Ravine Staging Area	3.16
Sweetwater Creek	10.06
Salmon Falls Bridge	17.16
Salmon Falls Camp	22.57
Anderson Creek	28.60
Granite Ravine	29.74
Goose Flat	31.97
Nattlesnake Bar Rd	32.46

Freeway
 Major road
 Paved trail
 Unpaved trail
 Accessible
 Bicycle Trail
 Boat Launch
 Bridge
 Campground
 Fishing
 Floating Restrooms
 Food Services
 Group Camping

Group Picnic Area
 Hiking Trail
 Horse Staging Area
 Horse Trail
 Locked Gate
 Marina
 Park Headquarters
 Parking
 Picnic Area
 Restrooms
 RV Sanitation Station
 RV
 Small Boat Launch
 Swimming
 Trailhead

Made by Great Outdoors, Auburn, CA

